

PHYSICIANS ARE CALLED TOO SOON

Not Necessary to Summon Doctor in Mild Cases of Spanish Influenza.

REST IN BED IS IMPORTANT

Acute Shortage of Medical and Nursing Service Makes it Imperative That People Learn Something of Care of Sick.

Washington—In an effort to reduce unnecessary calls on the overworked physicians throughout the country because of the present epidemic of influenza, Surgeon General Blaine of the United States public health service calls upon the people of the country to learn something about the home care of patients ill with influenza. Physicians everywhere have complained about the large number of unnecessary calls they have had to make because of the inability of many people to distinguish between the cases requiring expert medical care and those which could readily be cured for without a physician. With influenza continuing to spread in many parts of the country, and with an acute shortage of doctors and nurses everywhere, every unnecessary call on either physicians or nurses makes it so much harder to meet the urgent needs of the patients who are seriously ill.

Present Generation Spoiled.

"The present generation," said the surgeon general, "has been spoiled by having had expert medical and nursing care readily available. It was not so in the days of our grandmothers, when every good housewife was expected to know a good deal about the care of the sick."

Every person who feels sick and appears to be developing an attack of influenza should get some rest in a well-ventilated room. If his bowels have moved recently, it is not necessary to give a physician where a physician is needed; a dose of castor oil or泻利剂 should be given.

The room should be cleared of all unnecessary furniture, jugs, cups, and rags. A wash basin, pitcher, and soap bowl, soap and towel should be at hand, preferably in the room or just outside the door.

If the patient is feverish a doctor should be called, and this should be done in any case if the patient appears very sick, or coughs up phlegm (blood-stained sputum), or breathes rapidly and painfully.

"Most of the patients cough up considerable mucus; in some, there is much mucus discharged from the nose and throat. This material should not be collected in handkerchiefs, but rather in bits of old rags, or toilet paper, or on paper napkins. As soon as used, these rags or papers should be placed in a paper bag kept beside the bed. Pocket handkerchiefs are out of place in the sick room and should not be used by patients. The rags or papers in the paper bag should be burned.

The patients will not be hungry, and the diet should therefore be light. Milk, a soft-boiled egg, some toast or crackers, a bit of jelly or jam, stewed fruit, some cooked cereal like oatmeal, hominy or rice—these will suffice in most cases.

Comfort of Patient.

"The comfort of the patient depends on a number of little things, and these should not be overlooked. Among these may be mentioned a well-ventilated room, a thoroughly clean bed with fresh, smooth sheets and pillowcases; quiet, so that refreshing sleep may be had; cool drinking water conveniently placed; a cool compress to the forehead if there is headache; keeping the patient's hands and face clean, and the hair combed; keeping his mouth clean, preferably with some pleasant mouth wash; letting the patient know that someone is with him, but not annoying him with too much fussing; giving the patient plenty of opportunity to rest and sleep.

"So much for the patient. It is equally important to consider the person who is caring for him. It is important to remember that the disease is spread by breathing germs laden mucus sprayed into the air by the patient in coughing or even in ordinary breathing. The attendant should therefore wear a gauze mask over her mouth and nose while she is in the sick room.

Observation.

"The attendant should, if possible, wear a washable gown or an apron which covers the dress. This will make it much simpler to avoid infection.

"It is desirable that all attendants learn how to use a fever thermometer. This is not at all a difficult matter, and the use of such a thermometer is a great help in caring for the patients.

"In closing, and lest I be misunderstood, I wish to leave one word of caution: If in doubt, call the doctor."

Fact.

"We've had to come 17,000 miles to get in this fight," remarked an Australian in France.

"We haven't had to come that far," replied an American, "but it's just as hard to swim the Atlantic as it is the Pacific."

Taking Chances.

"Have they found out yet what is the matter with your son, Mike?" "No, sir, so they've took him to the hospital to have an autopsy performed on him."

Proposed Amendments to the Constitution of Missouri.

FIRST CONSTITUTIONAL AMENDMENT.

Joint and concurrent resolution submitting to the qualified voters of the state of Missouri a proposal to repeal section 11 of article 10 of the Constitution of Missouri, relating to revenue and taxation, and inserting a new section in its place to be known as section 11 of article 10 of the Constitution of Missouri.

BE IT RESOLVED BY THE SENATE, THE HOUSE OF REPRESENTATIVES CONCURRING THEREIN:

That at the general election to be held in this state on the first Tuesday after the first Monday in November in the year 1918, there shall be submitted to the qualified voters of this state for adoption, the following proposed amendment to the Constitution to repeal section 11 of article 10 of the state Constitution and to make a new section in its place to be known as section 11 of article 10 of the Constitution of Missouri.

BE IT RESOLVED BY THE SENATE, THE HOUSE OF REPRESENTATIVES CONCURRING THEREIN:

That at the general election to be held on the first Tuesday after the first Monday in November in the year 1918, there shall be submitted to the qualified voters of this state for adoption, the following proposed amendment to the Constitution to repeal section 11 of article 10 of the state Constitution and to make a new section in its place to be known as section 11 of article 10 of the Constitution of Missouri.

Section 1. That section 11 of article 10 of the Constitution of Missouri hereby repealed.

Section 2. That in lieu of section 11 of article 10 of the Constitution of Missouri hereby repealed, there is enacted the following new section to be known as section 11, article 10, as follows:

Sec. 11. Taxes for county, city, town and school districts, for the support of the schools, and taxes for the support of the state, shall not exceed the value of the taxable property within each school district, except as provided by law, of not to exceed seventy-five cents on the taxable property within each school district, the proceeds of which may be used for road purposes within each school district.

BE IT RESOLVED BY THE SENATE, THE HOUSE OF REPRESENTATIVES CONCURRING THEREIN, AS FOLLOWS:

That at the general election to be held in this state on the first Tuesday after the first Monday in November in the year 1918, there shall be submitted to the qualified voters of this state for adoption, the following amendment to the Constitution of Missouri:

Section 1. That article 10 of the Constitution of Missouri be, and the same is hereby amended by adding thereto the following section:

Section 11. That article 10 of the Constitution of Missouri be, and the same is hereby amended by adding thereto the following section:

Section 12. That article 10 of the Constitution of Missouri be, and the same is hereby amended by adding thereto the following section:

Section 13. That article 10 of the Constitution of Missouri be, and the same is hereby amended by adding thereto the following section:

Section 14. That article 10 of the Constitution of Missouri be, and the same is hereby amended by adding thereto the following section:

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